

CALLAHAN COURIER FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 6, NO. 6, JUNE 2018



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A Simple Way to Keep the Flu Away

You can avoid the flu this season by taking one simple step: **Get a flu vaccination.**

Unfortunately, some people think that getting a flu immunization is too much trouble or costs too much. Or, they swear that a flu immunization will make them sick or make them more likely to catch the flu or even colds. Seasonal influenza, the flu, is caused by one of several strains of influenza viruses (type A or B) that infect the nose, throat and lungs, making life miserable for a week or two for many people and deadly for some. Flu season can begin as early as October and peak anywhere from late December to early April, according to the Centers for Disease Control and Prevention (CDC).

A flu vaccination is most important for children 6 to 59 months; adults ages 50 and older; anyone with a chronic disease; anyone who lives in a nursing home or other long-term care site; health care workers; and people who are in frequent contact with elderly adults or the chronically ill. The CDC says children between ages 6 months and 8 years who were never immunized or received only one dose of vaccine in the previous year should get two full doses of vaccine, one month apart. Even if you don't fall into one of the above groups, however, you are still a candidate for the vaccine if you want to avoid the flu.

Talk with your doctor first

Some people shouldn't be vaccinated for the flu before talking with their health care provider, the CDC says. These are reasons to talk with your doctor:

- You have a severe allergy, such as an anaphylactic reaction to chicken eggs.
- You had previously developed Guillian-Barré syndrome in the 6 weeks after getting a flu shot.
- You currently have an illness with a fever; you should wait until symptoms improve before getting the vaccine.

Other prevention steps

You can protect yourself against the flu by doing simple things like washing your hands before eating and not putting your hands near your face or in your mouth. You don't need special cleansers when washing your hands. Washing for at least 20 seconds with ordinary soap works fine. If someone in your family has the flu, you can keep surfaces clean of the virus by wiping them with a solution of one part bleach to 10 parts water.

The other effective means of flu prevention is humidity. The flu bug exists in higher quantities in dry nasal and oral passages, which is one reason why flu epidemics occur in dry winter months. By raising the humidity in your workplace and at home to keep your nasal passages and mouth moist, your body will be better able to flush out the flu bug.



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At MetroWest Medical Center, patients are our number one priority. As your neighborhood hospitals and doctors, we are part of your community, providing advanced care when you need it most. We are committed to providing you high quality, comprehensive care, close to home.

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DIRECTOR'S CORNER

Hello Everyone,

Happy Father's Day to all the men who have been fathers, grandfathers, godfathers, uncles, and those who have been like a father to someone. For all the "fathers" who are no longer with us, we thank you for your guidance, support and strength.

The Callahan Center is a great place for helpful information in June: attend a **Senior Healthcare Forum with local legislators on June 15**, **Take Control of Your Future** with a free, legal check-up on **June 18**, and sign up for **free parking in Downtown Framingham on June 19**. On June 28, join us for a panel discussion to **Avoid Fraud and Stay Safe with Middlesex County D. A. Marian Ryan, Framingham Acting Chief of Police Steven Trask, Springwell Protective Services, and Middlesex Savings Bank**.

We had another terrific Senior Week thanks to many partnerships in the community. The teachers and students at Keefe Tech: **Cristin McGrath and the Business Technology students** for designing the invitation and preparing name tags, **Jen Graham, Sue Baker, Joanne Griffin and the Health Careers students** for joining the Business Technology students in escorting and serving the 90+ year olds at the Jewels

Luncheon, **Amy Snyder and the Culinary students** for preparing the delicious desserts, and **Marianne King, Brenna Salay and the Cosmetology students** for the beautiful manicures they provided. We are also grateful to the **Sherborn Music Makers** for providing entertainment at the Jewels Luncheon. Thank you to **Christine DuPuis and the Cameron Middle School Jazz Band** for sharing their talents with us. Thank you to **Erika Hall and Merrie Gardner** for bringing students from **Brophy School** to our Intergenerational Program. Thank you also to the **Friends of Callahan** for their very generous support of our programs.

Thanks to the Framingham Cultural Council and the Friends of Callahan, we have some terrific cultural programs this month: **Jazz: Ragtime to Blues on June 19**, **Music through the Decades on June 12**, and **American Economy, Boom or Hidden Danger on June 26**.

A new Evening Caregiver Support Group will be offered on the Tuesday June 12 at 6 pm. The movie, **The Post**, will be shown on June 21. There's something for everyone here at the Callahan Center!

Grace

CALLAHAN CENTER STAFF

STAFF

Grace O'Donnell, MS, Director of Elder Services
Randy Aylsworth, Assistant Director
Paula Geller, Programs Manager
Tricia Welsby, Administrative Assistant
Judy Lew, ESOL Instructor
Esta Lichtenstein, Volunteer Coordinator
Ralph Dunlea, Computer Room Coordinator
Karen Buck, Front Desk Receptionist
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist

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Cheryl Lavallee, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Gabriela Herscovici, BA, OT Bilingual Outreach Aide
Sam Swisher, MBA, Outreach Volunteer Coordinator
Deb Bourque, BA, CDP, Connections at Callahan Coordinator & Program Assistant

SHINE

Kathy Worchach, SHINE Director
Kathleen Grant, SHINE Asst. Director

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of operation:

Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.
Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE

The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier. However, the Callahan Center does not endorse any service or product herein. It is the responsibility of our readers to investigate any service or product they may consider using.

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin
Vice-Chair: Rick Killigrew

COA Board Meeting
Tuesday, June 12
at 1:30 p.m.

Members:
Linda Belleville, Marty Cohen,
Jim Diver, Larry Griffin,
Sally Kaitz, Betty Muto,
Glenda Thomas,
Ruthann Tomassini,
Fred Wallace



Accredited by
National Institute of Senior Centers



WELCOME OUR NEWEST STAFF MEMBER

Please join us in welcoming Tricia Welsby, a Framingham native, as the Administrative Assistant at the Callahan Center.

JOIN US TUESDAY EVENINGS

Summer hours are back! The Callahan Center will be open on Tuesday evenings until 7:30 p.m. As a result, the Center will close on Fridays at 1:30 p.m. These hours will be in effect through November 2.

A NOTE ABOUT THE SUMMER

The Callahan Center is air conditioned during the summer. While we strive to keep the building comfortable for all, it may be helpful to bring a sweater or light jacket with you to programs.

WE APPRECIATE YOUR HELP

We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions. By entering your participation, we are able to call you when there are scheduling changes that affect the programs you attend. You also help ensure that the data on usage of the Center is accurate for city and state reports.

IF YOUR PLANS CHANGE...

For our smaller programs with space limitations, there is often a waiting list of people who would like to attend. If you signed up for a program at the Center but your plans change, please notify the front desk. This will enable us to extend participation to others.

SIGN UP FOR FREE PARKING IN DOWNTOWN FRAMINGHAM

Tuesday, June 19, 10 a.m.-noon

Any resident of Framingham over the age of 65 may apply for a free senior parking sticker. This sticker allows you to park for 2 hours at any city-owned parking metered space in downtown Framingham. The motor vehicle must be owned and operated by the senior. To sign up you must provide your name, address, date of birth, age, license plate number, registration expiration date, as well as car make, model, and color. Stickers are also available at the Tripoli Substation (904 Waverly St.) on Mondays from 9 a.m. to noon.

UNION AVE. CONSTRUCTION

UPDATE: Final paving for the Union Ave. Contract 1 Project is underway. Road work will extend from the south side of the Sudbury River Bridge (near Bowditch Field) to Walnut St. Please allow extra time for travel.

PARKING AT THE CALLAHAN CENTER

Although we have more parking spaces dedicated for people with disability placards than state regulations require, sometimes that is still not enough for those who need closer access to the entrance. If you are more able-bodied, please consider parking in the further sections of the lot to allow others who might have difficulty a space closer to the entrance. We appreciate your consideration of others' needs in this area.

Please be aware that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are cancelled by the Center.

MONTHLY DROP-IN HOURS WITH CONGRESSWOMAN KATHERINE CLARK'S OFFICE

Wednesday, June 13, 9:30-10:30 a.m.

Meet with Jay Higgins, Constituent Services Representative for the Office of Congresswoman Katherine Clark. No appointment necessary. Jay can address your questions regarding Social Security and Medicare, as well as most issues that touch the Federal government. One-on-one meetings will be on a first-come, first-served basis.



Mayor Spicer spoke with Callahan Center volunteers at the Volunteer Appreciation Luncheon.



Special thanks to the employees from DEFINITIVE HEALTHCARE in Framingham for their help with the Volunteer Appreciation Luncheon.

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CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS



All programs are FREE.

Please sign up at the front desk
508-532-5980.



These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.

JAZZ: A HISTORY IN SOUND AND STYLE FROM RAGTIME TO BLUES

Tuesday, June 19, 6-7 p.m.

America's most authentic and original contribution to the world of music is Jazz. We've played it, danced to it, and sung with it for over one hundred years. It's linked to our culture and embodies our creativity, energy, spontaneity, joy, and pain. Where did it come from? What are the musical resources that inform it?



In Part Two of this six-part series, you'll experience the Ragtime Era as it grips the nation with rhythmic energy and becomes the essential framework for the decades of Jazz that follow. This series with Ross Petot follows Jazz through the decades, all the way to swing and bebop. **Sign up for the entire series with one call.**

Ross Petot has taught piano and performed in the U.S. and abroad for more than 30 years. He is one of the Boston area's busiest pianists and is well known to audiences throughout New England as a soloist and as a band member.

HOT TOPIC: THE AMERICAN ECONOMY – RISING BOOM OR HIDDEN DANGER?

Presented by: Dr. Larry Lowenthal

Tuesday, June 26, 6-7 p.m.

The outward signs look good: low unemployment, rising stock market, low inflation, strong consumer confidence, rising wages. However, hidden dangers should worry all Americans: income inequality, weak unions, threatened trade war, and huge job loss through automation and global competition. We will take a close look at all these key economic, social, and cultural factors.

MOVIE MATINEE: THE POST (PG-13)

Thursday, June 21, 1:30-3:30 p.m.

Refreshments provided by: The Residence at Valley Farm

Steven Spielberg directs Meryl Streep and Tom Hanks in *The Post*, a thrilling drama about the unlikely partnership between The Washington Post's Katharine Graham (Streep), the first female publisher of a major American newspaper, and editor Ben Bradlee (Hanks), as they race to catch up with The New York Times to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. The two must overcome their differences as they risk their careers – and their very freedom – to help bring long-buried truths to light. *The Post* was nominated for Best Picture and Best Actress (for Streep) at the 90th Academy Awards and also received six nominations at the 75th Golden Globe Awards.



JOIN US IN JUNE

Sign up today by calling the front desk: 508-532-5980

MUSIC THROUGH THE DECADES

Tuesday, June 12, 6-7 p.m.

With David Polansky

The Norman Rockwell Museum commissioned David Polansky to develop this special musical program. Learn how the last hundred-plus years of American and world history have inspired so many of the songs we love.

Using keyboard, trumpet, and vocals, David presents the music of George M. Cohan, Fats Waller, Irving Berlin, Hoagy Carmichael, and a host of others. Listen to music inspired by the advent of the automobile, the two World Wars, the Roaring 20's, the great depression, the wild west, and much more. A career musician, David has played with Sandler and Young, Phyllis Diller, Henny Youngman, Ray Bolger, Arthur Fiedler, The Platters, The Coasters and others.



SENIOR HEALTHCARE FORUM WITH LOCAL LEGISLATORS

Friday, June 15, 11:30 a.m.-12:30 p.m.

Seniors across the Commonwealth are making their voices heard. Join the Mass Senior Action Council for a community forum about rising Medicare costs. Share with local legislators the reality of unfair healthcare costs for seniors and hear their plans to support affordable senior healthcare in Massachusetts. Mass Senior Action Council (MSAC) is a membership senior-run organization, dedicated to social and economic justice for all. MSAC seeks not only to win on issues, but to organize in ways that help people learn skills, develop new relationships, and build community.

KEEPING SENIORS SAFE: FORUM & DISCUSSION

With Middlesex County District Attorney Marian Ryan, Framingham Acting Chief of Police Steven Trask, Springwell Protective Services, and Middlesex Savings Bank

Thursday, June 28, 1:30 p.m.

District Attorney Ryan served for 18 years as the chief of the Middlesex District Attorney's Office's Elder and Disabled Unit, which prosecutes those who commit crimes against seniors and disabled persons. District Attorney Ryan launched the Senior Protection Seminars as an important prevention effort to teach seniors how to stay safe and avoid being the victim of a crime. The program includes information on: safe banking practices, scams and ID Theft, how to protect yourself and your private information, and how to access local services.



TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP

Monday, June 18, 1 p.m.

Attorney Philip Benjamin will discuss "Taking Control of Your Future: A Legal Checkup." The program will focus on critical aspects of estate planning including: wills, durable powers of attorney, health care proxies, trusts, documents for end of life decision-making, and generally how to ensure your wishes are carried out, both while you are alive (in case of disability or incompetence) and after your death. There will be plenty of opportunity for questions and answers.

Attorney Benjamin is a partner at the law firm of Benjamin & White, P.C. in Framingham, Massachusetts, where he has practiced for the last 35 years focusing on estate planning, probate administration, and elder law issues. The program is sponsored by the Massachusetts Bar Association and the Massachusetts Chapter of the National Association of Elder Law Attorneys.

STARTING IN JUNE...**CALLAHAN BOCCE****Mondays, 9 a.m.**

Join us each week for bocce at the outdoor court located on Dudley Road (across the street from the Chapel at Cushing Park). Weather permitting. For more information, please call Beverly at 508-545-1068

SPORTS FANATICS**June 4, 11, 18, & 25, 10-11:30 a.m.**

This group is for the true sports fan who loves talking about the teams, athletes, weekly games...and more. Join in the spirited discussion as we look at the highs and lows of the week, both on and off the field.

**STRENGTH TRAINING/CARDIO WITH DELANEY****Mondays, Wednesdays & Fridays****9:45-10:45 a.m., \$3 per class**

We will use large muscle groups in rhythmic motions to help you burn the most calories. Use core exercise to strengthen back muscles and abdominals. Challenge your body's joints to move freely through a full range of motion, so they are less prone to injury. The class structure includes a 10-minute warm-up, 45 minutes of strength training/cardio endurance exercise, and 5 minutes of cool down. Please bring: water, hand weights (3-5 lbs.), resistance bands, and a floor mat if you have them.

MARY MAKE DO CRAFT CORNER**Mondays, June 4, 11, 18, & 25, 10 a.m.-4 p.m.**

Whether you're an experienced sewer or a beginner, join us in making simple sewing projects that anyone can create. Projects vary according to group interest. Basic sewing machine skills needed. Please bring your own sewing machine, if you have one.

CONVERSATION AND HUMOR**Mondays, June 4, 11, 18, & 25, 12-1 p.m.**

Do you want to laugh? Would you like to gripe about a pet peeve? Do you have a joke to share? Would you like to just listen? If you answered "yes" to any of the above questions, why not join us. What transpires here, stays here!

GENEALOGY GROUP**Mondays, June 4, 11, 18, & 25, 1-4 p.m.**

Are you interested in knowing more about your ancestors? Our Genealogy Group will help you find where they lived, with whom they lived, their occupations, and more. It may be possible to find their immigration records and signatures. The Genealogy Group will discuss free websites, as well as some that require a fee. All are welcome to attend.

TAI CHI**Mondays, June 4, 11, 18, & 25****2-3 p.m., \$3 per class (Note: Change in time)**

Known for its slow, relaxing flowing movements, Tai Chi is practiced to heal and prevent injuries, decrease stress, increase strength and flexibility, and enhance longevity. Come explore the popular 24-step Tai Chi form practiced throughout the world. In this class, Jeanne Donnelly, shares skills that she has learned from studying Tai Chi with renowned tai chi masters. No prior experience necessary. Jeanne works with all levels and will help you progress. Jeanne teaches Tai Chi throughout MetroWest and is Head Instructor & Co-Founder of Makoto-Do, a Martial Arts, Healing & Personal Development Company.

CALLAHAN CENTER CHAIR**VOLLEYBALL GROUP****Tuesdays, 12:45-2:15 p.m.****Fridays, 12:15-1:30 p.m.**

Stop in and join the fun. No experience necessary.

LOOKING FOR CONTRACT BRIDGE PLAYERS**Tuesdays, 9-11:30 a.m.**

Do you play contract bridge? Join a fun group of intermediate level players each week at the Callahan Center. For more information, please call Paula at 508-532-5980, ext 4110.

**CALLAHAN GOLF LEAGUE****Tuesdays, June 5, 12, 19, & 26, 9 a.m.****Millwood Golf Course, Framingham**

\$25 per round or purchase a card for 10 rounds for \$200. Each round can be 9 or 14 holes. For more information, contact Paul W. Virdinia at JViridinlia@aol.com or 508-872-7984.

**ZUMBA****Tuesdays at 11 a.m. & Thursdays at 11:30 a.m.****\$3 per class**

Zumba mixes Latin rhythms and easy-to-follow moves so you have fun while exercising! This is an ongoing class, and newcomers are welcome to join at any time. Instructor Susan Craver has been teaching dance for over 25 years.

RED HAT HONEY BEES**Tuesday, June 26, 1-4 p.m.****\$2 per month**

Come and socialize at the monthly meetings of the Red Hat Honey Bees. Connect with friends and enjoy getting together with other women who like to have FUN! The group wears red hats and purple shirts to all meetings and events. Refreshments provided. For more information, please call Nancy at 508-872-6817.

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MINDFUL LIVING

Wednesdays, June 6, 13, 20, & 27
10:30-11:30 a.m., \$3 per class

Would you like to have less stress and more peace, happiness, and joy in your life? Let Lisa Campbell, certified meditation and mindfulness teacher, show you that what you seek is already within you. Each week we laugh, share mindful insights, practice different meditation and mindfulness techniques (including a practice that the Alzheimer's Foundation recommends for boosting brain function!), as well as easy techniques you can use anytime and anywhere to help keep you feeling healthy.

**FREE DROP-IN EXERCISE PROGRAMS**

The Healthy Living Series, a collaboration of the Framingham Public Library and Callahan Center, consists of free drop-in exercise and health/nutrition classes offered at three locations in Framingham.

- Chair Yoga with Vicki Brunelle: Tuesdays, June 5, 12, 19, & 26, 2-2:45 p.m. at the McAuliffe Branch
- Low-Impact Exercise Classes with Laila Vehvilainen: Wednesdays, June 6, 13, 20, & 27, 3:15-4 p.m. at the Callahan Center. Note: Linda Bellefeuille will be substituting for Laila on June 6 & 13.
- Bi-Lingual Zumba Gold with Sandra Thorbjornsen: Fridays, June 1, 8, & 22, 2-2:45p.m. at the Main Library, Costin Room
- Let's Talk Nutrition with Jane Polley: Tuesday, June 5, 3-4 p.m. at the McAuliffe Branch and Friday, June 22, 1-2 p.m. at the Main Library.

BEADING WITH MARILYN

Wednesday, June 13 & 27, 10 a.m.

Have fun, be creative! Come and make your own beaded jewelry creations. Marilyn will teach you basic techniques. Materials provided.

PRACTICALLY FIT CORE FUSION

Low impact, low intensity class

Thursdays, June 7, 14, 21, & 28

9:15-10:15 a.m., \$3 per class

Have fun and get in shape with this low-impact, low-intensity fitness class. We adapt traditional interval exercises and cardiovascular activities to help you strengthen your body and your mind. Set to music, this hybrid class will target your core and help alleviate stress through channeling the mind/body connection.

Led by Fitness Instructor MaryEllen Giombetti, Practically Fit will keep your muscles and joints strong so that you can enjoy life and improve your overall health. If you have hand-weights or resistance bands, bring them to class and we'll work them in.

CRIBBAGE

Thursdays, June 7, 14, 21, & 28, 9:30 a.m.

If you are a beginner or would like a refresher or just to play, please join us! Learn the ins and outs of playing this two, three or four-person card game. Explore the rules and strategy, play, and counting of the hand.

HISPANIC SOCIAL GROUP

Thursdays, June 7, 14, 21, & 28

10:30-12:30 p.m.

Socialize and meet new friends at this weekly group. Please contact Gaby, Bi-Lingual Outreach Aide, for details: 508-532-5980, ext. 4111.

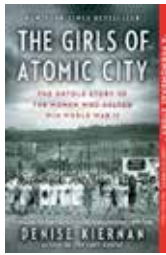
BOOK DISCUSSION GROUP

Thursday June 28, 1-2p.m.

The title for discussion is *The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II* by Denise Kiernan.

This true story tells of the young women in Oak Ridge, Tennessee who unknowingly played crucial roles in one of the most significant moments in US history. There are also two parallel stories: one of several women scientists in Austria and Germany whose work in nuclear physics was demeaned and ignored by men of the scientific establishment, and another of medical malfeasance at the Oak Ridge facility.

Participate in friendly, lively, thought-provoking discussions about authors, literature and life. Your opinion adds interest to the conversation, even if you have not read the book — just be prepared for spoilers. For more information contact Eleanor Brody at 508-872-6162 or eleanorbrody1@gmail.com.

**BRAZILIAN SOCIAL GROUP**

Thursday, June 7, 2-4 p.m.

Join us for conversation, activities and friendship on the first Thursday of every month.

CALLAHAN CENTER KNITTERS

Friday, June 22, 11 a.m.

Come learn new patterns, chat with new and old friends, and have a good time! This isn't an instruction class, but our experienced knitters can help answer most knitting challenges you may have. Please contact Esta for additional information 508-532-5980, ext: 4102.

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SUPPORT GROUPS AT CALLAHAN CENTER**Bereavement Support Group:** Mondays, June 4, 11, 18, & 25 at 10:30 a.m.**Better Breathers' Support Group:** Wednesday, June 13 at noon.**Caregivers' Support Group:** Wednesday, June 27 at 1 p.m.**Diabetes Support Group:** Tuesday, June 26 at 10 a.m. (Peer discussion June through August)**Evening Caregiver Support Group:** June 12 at 6 p.m.**Grandparent Support Group*:** Wednesday, June 13 at 7 p.m.**Low Vision Group:** Wednesday, June 6 at 10-11:30 a.m.**Parkinson's Support Group:** Tuesday, June 19 at 1:30 p.m.**Contact Lisa at 508-532-5980 ext: 2 to arrange a pre-screening for the Grandparent Support Group.***WOULD YOU LIKE TO SLEEP MORE SOUNDLY?
TRY COMMUNITY-STYLE EAR ACUPUNCTURE**
Tuesday, June 5 & 19, 11:30 a.m.-1:30 p.m.

Ear Acupuncture has proven to be very economical and excels at dealing with sleep issues, depression, anxiety, mental clarity, and overall health. Participants should plan to stay for 30 minutes or longer during the 11:30-2:00 p.m. time frame. Provided by Linda S. Thomas (MAC-Master of Acupuncture; LAC-Licensed Acupuncturist). **Cost is \$20.** **Sign up at the front desk: 508-532-5980.**

SPOTLIGHT: BETTER BREATHERS SUPPORT GROUP
Wednesday, June 13 at noon

Learn how living with a chronic lung disease can be easier. This adult support group gives you the tools you need to live the best quality of life you can. The sessions are for individuals with COPD, pulmonary fibrosis and lung cancer. Monthly meetings are led by Cheryl Burgess, Respiratory Therapist/Clinical Evaluator at Whittier Rehabilitation Hospital.

NOTARY SERVICE AVAILABLE

Free notary service is available at the Callahan Center by appointment only. Please call Esta Lichtenstein at 508-532-5980, ext: 4102 to schedule your appointment. Please note: The document to be notarized must be signed in the presence of the Notary, and a government-issued, photo ID is required as proof of identification.

PODIATRY: By appointment only

Twice per month we offer appointments for nail trimming and other foot issues for only \$25. **Wednesday, June 13 & Tuesday, June 26, 1-4:15 p.m.**

BLOOD PRESSURE CLINIC: Wednesdays, June 6, 13, 20, & 27, 9:30 a.m.-12:30 p.m. in the Wellness Clinic. No appointment needed.**DONATING GOODS & EQUIPMENT TO THE
CALLAHAN CENTER**

We sincerely appreciate your generosity in thinking of the Callahan Center for donations of goods, equipment, and more. We request that you call ahead to ensure that we are able to accept your donation and to arrange a convenient delivery time so that we may assist you.

• To donate fabric, yarn, books, or crafting supplies:

Please contact Esta Lichtenstein at ezl@framinghamma.gov or 508-532-5980, ext: 4102.

• To donate medical equipment including: walkers, canes, bed rails, commodes, raised toilet seats, wheelchairs, transport chairs, shower and tub benches, please contact Gaby Herscovici at gh@framinghamma.gov or 508-532-5980, ext: 4111.**• For other donations,** please contact the front desk for assistance: 508-532-5980.

If we're unable to accept your item(s), we will suggest alternative organizations.

TRANSPORTATION ASSISTANCE IS AVAILABLE

The Social Service Department at the Callahan Center has recruited volunteers to accompany seniors to appointments. Volunteers may be available to take seniors for medical appointments, shopping trips or social events. If you are a Framingham resident over the age of 60 and need transportation to an appointment, please call 508-532-5980 and ask for Sam or Lisa to see if a volunteer driver is available to meet your needs. Please call at least one week in advance of your appointment date.

***Passport Short-Term Rehab Program***

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- Physical, Occupational & Speech Therapies
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www.ReservoirCenterRehab.com


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508-655-1000
www.EliotCenterRehab.com

SOCIAL SERVICE DEPARTMENT

FARMERS' MARKET COUPON DISTRIBUTION GUIDELINES

We anticipate receiving Farmers' Market coupons in mid-July. To be eligible you must be:

- A Framingham resident, 60 years of age or older
- Receiving or eligible for Mass Health, SNAP/food stamps, fuel assistance, or subsidized housing

If you are interested and meet these guidelines, please call the Social Service Department, 508-532-5980, ext. 2 **by July 6**. Please leave a message with your FULL name and phone number. All names will be placed in a lottery for the coupon booklets. When the coupons arrive, the Social Service Department will contact the individuals selected. Seniors must pick up their coupons in person, present a picture ID, and sign a verification of their eligibility. One Farmers' Market coupon booklet per household.

NEW: EVENING CAREGIVER SUPPORT GROUP

Tuesday, June 12, 6-7 p.m.

The new Caregiver Support Group will provide support and resources to help you ease stress and manage the challenges of caregiving. The group offers a safe and welcoming environment for all caregivers, especially those who are juggling work and family life. We will meet the second Tuesday of every month until the end of October. This program will be facilitated by Cheryl Lavalley, LICSW and Assistant Social Services Supervisor at the Callahan Center. For information, please call Cheryl at 508-532-5980, ext. 4134.

A BRIGHTER DAY MEMORY CAFÉ *Featuring David Polansky: Give My Regards to Broadway*

Thursday, June 21, 1-2:30 p.m.

Held at Temple Beth Am, Framingham

A Memory Café is a comfortable and stimulating setting for adults with memory issues and their caregivers. The café offers an opportunity to socialize and relax in an accepting environment through entertainment and activities. Upcoming cafés will be held at Temple Beth Am (300 Pleasant Street, Framingham) from 1-2:30 p.m. on the third Thursday of the month. Please contact Karen at 508-875-3100, ext. 400 for more information and to RSVP.

MEDICAL EQUIPMENT AVAILABLE

Durable medical equipment is available to borrow from the Callahan Center. Equipment **MUST** be reserved in advance. Items are available for pick up Monday through Friday from 9 a.m. to 4 p.m. **Please note: On Fridays, pick up available only until 1:30 p.m.** To reserve equipment or for more information, please call the front desk: 508-532-5980.

VOLUNTEER DRIVERS WANTED

Do you have time to help older residents in the community? Do you have a vehicle that is safe, clean, and well maintained? Would you be willing to use your vehicle to drive an older resident to various appointments or social events in Framingham and the surrounding area? Make a difference in someone's life. For more information, please contact Sam Swisher, Volunteer Outreach Coordinator, at 508- 532-5980, ext: 4113 or cvolrec@gmail.com.

ADDITIONAL SERVICES:

MEDICARE'S FREE PREVENTIVE SERVICES

Many preventive services are covered by Medicare with no deductible or co-pay. These services are free whether you have Original Medicare or a Medicare Advantage plan, such as an HMO. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you may need. There are rules which state when and how often Medicare will pay for these.



Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Cardiovascular screening
- Hepatitis C screening
- Diabetes screening lab tests
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Callahan Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



UNPARALLELED COMFORT AND CONVENIENCES

- Warm and gracious setting for seniors needing a little help with daily routines
- Private or shared apartments
- Individual attention from trained PCAs and a skilled recreation team
- Alzheimer's care
- Social events and recreation



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FRIENDS BOARD MEMBERS

PresidentMark Goldman
Treasurer.....Barbara Dunn
Asst. Treasurer.....Micki Eldridge
Rec. Secretary.....Cece Binette
Sunshine Lady..... Mary Megill
Members: Roger Appell, Karin Beth, Allen Brown, Jim DeSimone, Joan LeBlanc, Chris Lorient, Bea Mooar, Fred Seitz, Jo-Ann Tupper

Brenda Erickson, Trip Coordinator, Friends of Callahan Travel

FRIENDS BOARD MEETING Monday, June 4 at 1 p.m.

STAY UP TO DATE on local current events from the comfort of your home.

MetroWest Daily News-Every Tuesday
 Framingham Tab-Every Friday
www.metrowestdailynews.com
 Framingham Source:
www.framinghamsource.com

Creating a happy, healthy and connected community with the Friends of Callahan.



ARTISTS' CORNER

Friends of Callahan Heritage Gallery
 535 Union Ave. Framingham, MA 01702 (508) 532-5980

The Artists' Corner is open Monday-Friday from 10 a.m. to 2:15 p.m.
 Starting April 20, the Gallery will close on Fridays at 1 p.m. Credit Cards are accepted.
 Open to the public.

WHAT DOES IT MEAN TO BE A MEMBER OF THE FRIENDS

Dear Friends,

The Friends is a nonprofit 501(c) 3 organization established in 1976 to raise funds to support programs at the Callahan Center. The Callahan Center offers people 55+, who might otherwise be isolated, a safe place to find comfort and enjoyment with others, while improving their physical and emotional well-being.

The mantra of the Friends is to work as a group to raise additional funds to help support these programs and services that keep seniors healthy, active and involved in their community. The Friends work to help cover the financial shortfalls of ever increasing costs in many areas.

The Board of the Friends of Callahan cannot do this alone. Volunteers are needed to help with activities and fundraising. There are openings on a number of committees and we would welcome your help. We are planning some new and exciting activities and look forward to seeing you at the Callahan Center.

Mark Goldman-President

GIFT CARDS AVAILABLE AT THE HERITAGE GALLERY

The Friends of Callahan Gift Card program offers you the opportunity to conveniently purchase gift cards at the Callahan Center. Gift cards are now available from over **200 retailers** including: grocery, department and home improvement stores, gas stations, hotels, restaurants, and more. Simply by using gift cards for your regular purchases, you will also help raise money for the Friends. A percentage of our gift card sales generates additional funds that support many different programs and events at the Callahan Center.

Purchase these cards at full face value and use them instead of cash, check or credit card for your everyday shopping or as a special gift. Whether for birthdays, anniversaries, weddings, holidays, or other special occasions, purchase the card(s) you need while at the Callahan Center...you'll save time and gas PLUS help contribute to the Center's many programs. Credit cards are accepted for these purchases.

CHECK OUT THE FRIENDS CORNER BULLETIN BOARD IN THE FRIENDS CAFÉ

You'll find information about our monthly lunch menus, special events sponsored by the Friends, volunteer opportunities, and more. The Friends are working hard to make your experience at the Center a great one. Check frequently for updates.

FRIENDS DINE AROUND Come and support our FUNdraiser!

UNO Pizzeria & Grill
 Wednesday, June 20, all day
 70 Worcester Rd, Framingham (Rte. 9)

Please call the front desk if you plan to attend:
 508-532-5980

Be sure to mention Friends of Callahan.

FRIENDS' LUNCHES

6/13/18: Stuffed Sole

6/27/18: Baked Stuffed Chicken

Lunch is served at 11:30 a.m. with professional piano playing volunteered by Sonja Maneri. Lunches catered by TJ's, Ashland, MA. Reserve Now -\$6 per person. **Space is limited to 60 participants. Please sign up in advance at the front desk: 508-532-5980.**

Upcoming Events...

Thursday, June 7th at 1 pm:
Alzheimer's Association Safety & Memory Challenges
Strategies to encourage a safe environment and lifestyle for those affected with memory challenges.

Sunday, June 10th at 12:45 pm:
Red Sox Lunch Bunch



Tuesday, June 26th from 3-7 pm:
Heritage Open House:
Come check out all of our renovations



Wednesday, June 20th at 3:30 pm:
Concert Series: Winiker Jazz Band



All Events are FREE

Attendees must RSVP

Call 508.665.5370 or email
AskHeritage@HeritageAssistedLiving.org

HERITAGE
 AT FRAMINGHAM

747 Water St, Framingham, MA
www.heritageassistedliving.org

Part of the Mary Ann Morse Healthcare Corp. Family.

FRIENDS OF CALLAHAN MEMBERSHIP DUES FORM

Name: _____ Friends New Membership \$10 _____
 If this is a NEW Membership or the information has changed please list the following:
 Address: _____ Additional Membership for Household \$5 _____
 City, State, Zip _____ Friends Membership Renewal \$10 _____
 Telephone: _____ Birth Date _____ Additional Renewal for Household \$5 _____
 Emergency Contact: _____ Relationship to you: _____
 Telephone for Emergency Contact: _____
 How did you hear about us? ___ Ad in Paper ___ Courier ___ Word of Mouth ___ Other (Please Specify Below) _____
 Total Enclosed _____ Friends Membership includes 12 issues of the Courier Newsletter mailed to you.
 The date listed on the mailing label is the expiration date of your membership.

\$10 Membership Dues may be paid at the Center or by mail. Please make check or money order payable to the "Friends of Callahan." Mail to: Callahan Center, 535 Union Avenue, Framingham, MA 01702. Thank you!

THE SUNSHINE LADY'S CORNER

The Friends would like to reach out to all our members in time of need. The Sunshine Lady can help brighten their day and/or offer condolences. Do you know of any members who are ill, hospitalized, recovering from surgery, or in rehab? Has any Friends member or a family member passed on? Please let the Sunshine Lady know by stopping by the Heritage Gallery to complete an information form. Please leave the form in the appropriate box in the Gallery.

**Memorial Donations:**

Have you considered leaving a legacy through the Friends of Callahan?

By making provisions in your will, you help continue the good works and the services we offer for many years to come - making a connection between your life and those to follow. If you believe in us, consider our services in your estate planning, after you have made provisions for your loved ones.

Please make check payable to:
The Friends of Callahan
535 Union Avenue
Framingham, MA 01702

I am enclosing \$ _____

In Memory of _____

Donor's (Your) Name _____

Address _____

City _____

State _____ Zip _____

Send Card to _____

Address _____

City _____

State _____ Zip _____

A LIVING MEMORIAL

The form provided on this page is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. The individual or families of those you have so honored will be notified of your contribution. **Your support is greatly appreciated.**

Can you share some time with us?

**Sales help is needed in the
 Friends of Callahan Heritage Gallery**

To learn more please contact Mark Goldman:
 508-395-1180 or goldmanmj59@yahoo.com



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Certified/Licensed Audiologists
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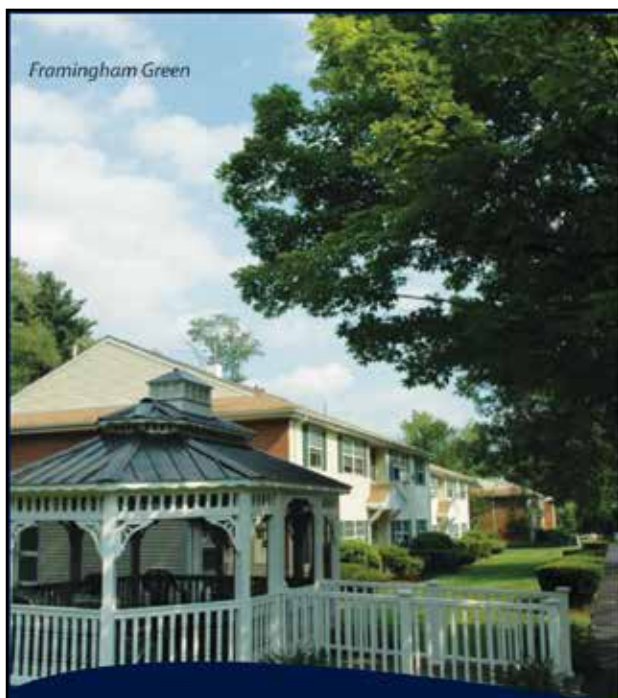
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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



Replacement Social Security Cards Available Online in Massachusetts



The Callahan Center Computer Room has a direct link and staff who can assist you with this.

The Social Security Administration introduced the expansion of online services for residents of Massachusetts available through the **my Social Security portal** at www.socialsecurity.gov/myaccount. Nancy A. Berryhill, Acting Commissioner of Social Security, announced that residents of Massachusetts can use the portal for replacement Social Security number (SSN) card requests. This will allow people to replace their SSN card from the comfort of their home or office, without the need to travel to a Social Security office.

"I'm pleased to offer the residents of Massachusetts the added convenience of replacing a Social Security card through the **my Social Security portal**," Acting Commissioner Berryhill said. "We will continue to work on innovative initiatives to provide people with safe, secure and convenient options for doing business with us online or in person."

The agency is conducting a gradual roll out of this service; Massachusetts is one of the states, plus the District of Columbia, where this option is available. The agency will continue to expand the service option to other states. This service will mean shorter

wait times for the public in the more than 1,200 Social Security offices across the country and allows staff more time to work with customers who have extensive service needs.

U.S. citizens age 18 or older and who are residents of Massachusetts can request a replacement SSN card online by creating a **my Social Security** account. In addition, they must have a U.S. domestic mailing address, not require a change to their record (such as a name change), and have a valid driver's license, or state identification card in some participating states.

my Social Security is a secure online hub for doing business with Social Security, and more than 31 million people have created an account. In addition to Massachusetts residents replacing their SSN card through the portal, current Social Security beneficiaries can manage their account—change an address, adjust direct deposit, obtain a benefit verification letter, or request a replacement SSA-1099. Medicare beneficiaries can request a replacement Medicare card without waiting for a replacement form in the mail. Account holders still in the workforce can verify their earnings history and obtain estimates of future benefits by looking at their Social Security Statement online.



The Answer to Clear and Easy Phone Conversations

If you have difficulty using a standard telephone, MassRelay has the solution you've been looking for. Whether you are deaf, hard of hearing, deaf-blind or have difficulty speaking, there is a free and confidential relay service that will fit your need.

Captioned Telephone (CapTel®) lets you speak to friends and family over the phone and listen to their responses, while reading word-for-word captions on an easy-to-read screen.

Text Telephone (TTY) lets you type your side of the conversation and read the other person's responses.

Speech-to-Speech (STS) features a specially trained Operator who will revoice your words as needed for improved clarity while you speak and listen through the phone.

Hearing Carry Over (HCO) lets you listen to your phone conversation and type your responses for an Operator to voice to the other person.

Voice Carry Over (VCO) lets you speak to friends and family and read their responses on the phone's screen.

Deaf-Blind Service (DBS) allows you to type your messages and read the other person's responses on a braille display.

Spanish Relay features a Spanish-speaking Operator trained to relay your conversation in any call type.

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MassRelay

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We invite you to come and experience our affordable, independent, and assisted living options at the Orchard Hill at Sudbury. Ask about our fun-filled activities and trips, renowned dining services, and the many other benefits our award-winning community has to offer.

Discover the Orchard Hill Difference.
Come take a tour & enjoy lunch with us!

Contact Jennifer Belesi
at 978.443.0080



Orchard Hill Assisted Living

761 Boston Post Rd. | Sudbury, MA 01776 | orchard-hill.com

Classes are free. Please sign up in advance at the front desk 508-532-5980. Space is limited.

NOTE FOR ALL CLASSES: PARTICIPANTS SHOULD KNOW THEIR USER NAMES AND PASSWORDS.

COMPUTER ROOM HOURS

Monday, Wednesday, Thursday
9 a.m.-4 p.m.

Tuesday 9 a.m.-7 p.m.,
Friday 9 a.m.-1 p.m.

The computer room is closed when
computer classes are in session.

NOTE: FOR ONE-ON-ONE ASSISTANCE WITH RALPH

To ensure that Ralph Dunlea, Computer Room Coordinator, is available to help you with your computer problems and questions, please call in advance to make an appointment: 508-532-5980, ext: 4983.



NEW: INTRODUCTION TO GOOGLE

Instructor: Ralph Dunlea
Tuesday, June 12, 2-4 p.m.

Google may be most widely known as a search engine, but it's not restricted to that feature alone. This class will provide an overview of Google, Google Gmail, Google Chrome, Google Internet Search and some of the services available from Google. We will review online chatting, the Google store, and Google apps such as Google Photos.

WINDOWS BASICS

Instructor: Ralph Dunlea
Tuesday, June 19, 5:45-7:15 p.m.

If you're wondering where to get started, this class will cover basic skills that make using Windows easier and more productive, including: the functions of a mouse, keyboard shortcuts, creating and saving documents, and navigating in a browser. We will also review how to use multiple windows, how to find items on the PC, as well as backing up and moving data from one PC to another.



ASK-THE-EXPERTS

Thursdays, June 7, 14, 21, & 28, 10:00 a.m.-noon
This free service is available by reservation or on a first come, first served basis.

Is your computer running slow? Does it take a long time to start up? Would you like to put new life and vitality back into your computer? The Callahan Center has a team of experienced PC users who can run cleaner and antivirus software on your computer. These programs can remove unwanted Malware programs such as viruses, spyware, and similar software, which impact your computer's performance. Also, the Ask-the-Experts team is available to answer questions regarding the use of personal computers for Internet browsing, Word, photo processing, etc.

CLINIC ON THE USE OF HANDHELD ELECTRONIC DEVICES

Tuesday, June 5, 3-4 p.m.
This free program provides one-on-one support to help users with cell phones, tablets, iPads, iPods, Kindles, Nooks, or similar devices. Tutoring is provided by adult and student volunteers. Learn how to get connected and stay in touch with friends and family. For more information please contact Sam Swisher at 508-532-5980, ext: 4113.

DINING AROUND TOWN

Enjoy these discounts from some of the
eateries in our Framingham area



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Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included.
One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/18.

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Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included.
One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 6/30/18.

FRIENDS OF CALLAHAN TRAVEL - A 55+ TRAVEL SERVICE

OFFICE HOURS: MONDAY-THURSDAY 10 A.M.-2 P.M.

Please note: Parking is at Stop & Shop at the corner of Rt. 9 and Temple Street, Framingham.

Please park to the right of the health club, near the fence. The price of all day trips includes a tip for the driver and escort.

TICKETED EVENTS ARE NON-REFUNDABLE.

CANCELLATIONS MUST BE CALLED INTO OUR OFFICE 4 (FOUR) BUSINESS DAYS PRIOR TO TRIP TO ENSURE A REFUND.

All those who travel on Callahan Center trips are REQUIRED to become members of the Friends of Callahan.

DAY TRIPS

June 2018

6/5/2018 Essex River Queen Cruise, Lunch at Woodman's 8:00 am - 5:00 pm \$104
6/22/2018 Newport Flower Show, Lunch at La Forge Restaurant 9:30am - 5:45 pm \$88
6/27/2018 "Lobsta" Roll Cruise, Dennis, MA 9:30 am - 6:15 pm \$84

July 2018

7/2/2018 Winnepesaukee Playhouse, NH, Lunch at Hart's Turkey Farm 8:45 am - 6:30 pm \$94
7/18/2018 Rhode Island Lighthouse Cruise, Lunch at Quonset Club 9:30 am - 5:00 pm \$91
7/31/2018 Isle of Shoals Cruise, NH, lunch at Warren's Lobster House 9:30 am - 6:45 pm \$86

August 2018

8/7/2018 Newport Playhouse Lobsterfest, Play and Cabaret 9:30 am - 6:00 pm \$99
8/16/2018 Discover New Bedford & Whaling Museum 8:30 am - 5:30 pm \$87
8/19/2018 SUNDAY: Tanglewood; Lunch at Mazzeo's Restaurant 8:30 am - 7:00 pm \$120

September 2018

9/6/2018 Martha's Vineyard for the Day, Black Dog Tavern for Lunch 8:00 am - 7:15 pm \$95
9/20/2018 The Big E- Eastern States Exhibition for Massachusetts Day 9:00 am - 5:00 pm \$55
9/25/2018 Plimouth Plantation "Eat Like a Pilgrim" Lunch 10:00 am - 5:00 pm \$75

October 2018

10/3/2018 Pickity Place in the Fall & Frye's Measure Mill 9:30 am - 4:30 pm \$75
10/17/2018 High Tea at Customs House Maritime Museum, Newburyport TBA am - TBA pm \$ TBA
10/24/2018 Octoberfest at East Hill Farm, Troy, NH; Apple Hill Farm 9:30 am - 4:30 pm \$75

November 2018

11/8/2018 State & Mein: Mass. State House & Kowloon Restaurant 9:00 am - 4:00 pm \$82
11/28/2018 Christmas at Newport Mansions, Twin Oaks Restaurant TBA am - TBA pm \$ TBA

December 2018

12/TBA/2018 Christmas Pops TBA am - TBA pm \$ TBA
12/15/2018 "A Christmas Carol" NorthShore Theatre, Danversport Y.C. TBA am - TBA pm \$ TBA
12/31/2018 New Years' Eve Day TBA am - TBA pm \$ TBA

OVERNIGHT TRIPS 2018

10/17-18/2018 Vermont Overnight Killington Mountain Lodge 8:00 am - 7:30 pm \$449 pp dbl, \$549 single

BEST OF TIMES OVERNIGHT TRIPS 2018

6/12-14/2018 Penn Dutch Country, Gettysburg, Sands Casino \$449 pp dbl
7/10-13/ 2018 Montreal & Quebec Getaway \$749 pp dbl
9/20-23/2018 Battlefields of the Civil War - Bull Run, Harper's Ferry, Gettysburg \$749 pp dbl
12/2-3/ 2018 Christmas New York Style - Historic Hudson Valley & New York City \$449 pp dbl

CRUISES-2018

9/23-30/2018 Boston to Bermuda aboard Royal Caribbean's Serenade of the Seas from \$1059 pp dbl
10/7-14/2018 Boston to Bermuda aboard Royal Caribbean's Serenade of the Seas from \$1129 pp dbl
10/28- 11/9/2018 Beantown & Beaches Repositioning Cruise Boston - Caribbean from \$1729 pp dbl

CRUISES-2019

3/2-9/2019 MSC Seaside Eastern Caribbean from \$1399 pp dbl
3/9-16/2019 MSC Seaside Western Caribbean from \$1499 pp dbl
4/6-14/2019 Tulip Time Cruise, AmaWaterways, Amsterdam, Keukenhof Gardens from \$3899 pp dbl
5/27-6/4/2019 Viking Signy Danube Waltz from \$4419 pp dbl
9/6-14/2019 Viking Egil Romantic Danube from \$4499 pp dbl
10/17-27/2019 Viking Hemming Douro River Portugal from \$4749 pp dbl
11/7-17/2019 Celebrity Xpedition Galapagos Islands from \$8399 pp dbl



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342 Winter Street, Framingham, MA
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508-879-6100

Carlyle House is proud to be serving the community for over 30 years.

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



Monday



30% OFF EVERY TUESDAY FOR SENIORS (55 & OVER)

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Tuesday



8:30-4 Pool Tables Open
8:30-4 Table Tennis
9 Bocce

9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle

9:45 Strength Train/Cardio \$3
10-11:30 Sports Fanatics
10-4 Mary Make Do
10:30-12 Bereavement Support Group

11 Skip-Bo
12 Conversation & Humor
12-4 Duplicate Bridge
12-3 Scrabble

1 Friends Board Meeting

1-4 Genealogy Group

1-3 SHINE, by appt.
2 Tai Chi-\$3
2:30 Chair Yoga \$3

4

Trip: Essex River Queen Cruise & Lunch

8:30-7 Table Tennis
9 Golf League @ Millwood
9-7 Computer Room
9 Contract Bridge
9 Pinochle

9-11 SHINE, by appt.
9:30 Moving for Better Balance
Maintenance Class (Prerequisite:
16-wk MFBB1)

10 Aerobics
11 Zumba \$3
11-4 Mah Jongg
11:30-1:30 Acupuncture, by appt.
12-4 Duplicate Bridge

12:45 Chair Volleyball
3-4 Clinic on Handheld Devices
4-7 Pool Tables Open
4:30-6:30 SHINE, by appt.

5



8:30-4 Pool Tables Open
8:30-4 Table Tennis
9 Bocce

9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle

9:45 Strength Train/Cardio \$3
10-11:30 Sports Fanatics
10-4 Mary Make Do
10:30-12 Bereavement Support Group

11 Skip-Bo
12 Conversation & Humor
12-4 Duplicate Bridge
12-3 Scrabble

1-4 Genealogy Group
1-3 SHINE, by appt.

2 Tai Chi-\$3
2:30 Chair Yoga \$3

11

8:30-7 Table Tennis
9 Golf League @ Millwood
9-2, 4-7 Computer Room
9 Contract Bridge
9 Pinochle

9-11 SHINE, by appt.
9:30 Moving for Better Balance
Maintenance Class (Prerequisite:
16-wk MFBB1)

10 Aerobics
11 Zumba \$3
11-4 Mah Jongg
12-4 Duplicate Bridge
12:45 Chair Volleyball
1:30 COA Board Meeting
2-4 Intro to Google
4-7 Pool Tables Open

4:30-6:30 SHINE, by appt.
6 Evening Caregiver Support Group
6 David Polansky: Music Through the Decades

12



8:30-4 Pool Tables Open
8:30-4 Table Tennis
9 Bocce

9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle

9:45 Strength Train/Cardio \$3
10-11:30 Sports Fanatics
10-4 Mary Make Do
10:30-12 Bereavement Support Group

11 Skip-Bo
12 Conversation & Humor
12-4 Duplicate Bridge
12-3 Scrabble

1-4 Genealogy Group

1-3 SHINE, by appt.
1 Mass. Bar Association: Legal Check Up
2 Tai Chi-\$3
2:30 Chair Yoga \$3

18

8:30-7 Table Tennis
9 Golf League @ Millwood
9-5:30 Computer Room
9 Contract Bridge
9 Pinochle

9-11 SHINE, by appt.
9:30 Moving for Better Balance
Maintenance Class (Pre-requisite:
16-wk MFBB1)

10-12 Sign Up for Free Parking
10 Aerobics
11 Zumba \$3
11-4 Mah Jongg
11:30-1:30 Acupuncture, by appt.
12-4 Duplicate Bridge

12:45 Chair Volleyball
1:30 Parkinson's Support Group
4-7 Pool Tables Open
4:30-6:30 SHINE, by appt.
5:45-7:15 Windows Basics
6 Jazz: From Ragtime to Blues

19



8:30-4 Pool Tables Open
8:30-4 Table Tennis
9 Bocce

9-11 SHINE, by appt.
9-4 Computer Room
9 Pinochle

9:45 Strength Train/Cardio \$3
10-11:30 Sports Fanatics
10-4 Mary Make Do
10:30-12 Bereavement Support Group

11 Skip-Bo
12 Conversation & Humor
12-4 Duplicate Bridge
12-3 Scrabble

1-4 Genealogy Group
1-3 SHINE, by appt.
2 Tai Chi-\$3
2:30 Chair Yoga \$3

25

8:30-7 Table Tennis
9 Golf League @ Millwood
9-7 Computer Room
9 Contract Bridge
9 Pinochle

9-11 SHINE, by appt.
9:30 Moving for Better Balance
Maintenance Class (Pre-requisite:
16-wk MFBB1)

10 Aerobics
10 Diabetes Support Group
11 Zumba \$3
11-4 Mah Jongg
12-4 Duplicate Bridge

12:45 Chair Volleyball
1-4:15 Podiatry with Dr. John (Please call for appt.)
1-4 Red Hat Honey Bees
4-7 Pool Tables Open
4:30-6:30 SHINE, by appt.

6 Hot Topic: The American Economy With Dr. Larry Lowenthal



26

Wednesday		Thursday		Friday	
				8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 11 Skip-Bo 12:15-1:30 Chair Volleyball CLOSING AT 1:30 PM	1
8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Low Vision Support Group 10:30 Mindful Living \$3 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class	6	8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 2-4 Brazilian Social Group	7	8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:15-1:30 Chair Volleyball CLOSING AT 1:30 PM	8
8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30 U.S. Rep. Katherine Clark's Office Hours 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living \$3 11:30 Friends Lunch 12 Better Breathers 1-4:15 Podiatry with Dr. John (Please call for appt.) 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class 7 p.m. Grandparent Support Group	13	8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt.	14	8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:15-1:30 Chair Volleyball 11:30 Senior Health Care Forum with Local Legislators CLOSING AT 1:30 PM	15
8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10:30 Mindful Living \$3 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class FRIENDS DINE AROUND Uno Pizzeria & Grill, Rte. 9, Framingham All Day - Mention Friends of Callahan	20	8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 1:30 Movie: The Post with refreshments from The Residence at Valley Farm 1-2:30 Brighter Day Memory Café at Temple Beth Am, Framingham	21	Trip: Newport Flower Show & Lunch 8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Callahan Knitters 11 Skip-Bo 12:15-1:30 Chair Volleyball CLOSING AT 1:30 PM	22
Trip: "Lobsta" Roll Cruise 8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:30-12:30 Blood Pressure Clinic 9:45 Strength Train/Cardio \$3 10 Beading with Marilyn 10:30 Mindful Living \$3 11:30 Friends Lunch 1 Caregivers' Support Group 1 Bingo 1 Discussion Group 1-3 SHINE, by appt. 3:15 Low-Impact Exercise Class	27	8:30-4 Pool Tables Open 8:30-4 Table Tennis 9-4 Computer Room 9:15 Practically Fit \$3 9:30 Cribbage 10-2 Mah Jongg 10-12 Ask-the-Experts 10:30-12:30 Hispanic Social Group 11:30 Zumba \$3 1-3 SHINE, by appt. 1 Book Discussion Group 1:30 Senior Fraud & Scam Seminar	28	8:30-1 Pool Tables Open 9-1 Computer Room 9 Poker 9-1 Open Sew 9:45 Strength Train/Cardio \$3 10 Chair Yoga \$3 10 & 11 SHINE, by appt. 11 Skip-Bo 12:15-1:30 Chair Volleyball CLOSING AT 1:30 PM	29

Elder Law with Frank and Mary



by **Arthur P. Bergeron**

Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

WANT TO HELP MAKE YOUR COMMUNITY DEMENTIA-FRIENDLY? BECOME AN AMBASSADOR

Do you want to make your community more dementia-friendly? Then consider helping the Alzheimer's Association do something about it. Secretary of Elder Affairs Alice Bonner is committed to making the Commonwealth dementia-friendly. The Massachusetts Association of Councils on Aging (MCOA) recently received a large federal grant to help implement that goal. As part of all this, the Massachusetts/New Hampshire chapter of the Alzheimer's Association is launching a "Dementia Ambassadors" program (this is new, so the name may change slightly) to train and support local volunteers who will provide training, help develop more support groups for caregivers and organize "meet-ups" of local folks with dementia and their care partners. A "meet-up", which is based on the "memory cafe" model (initially developed in Marlborough by Tammy Pozerycki, the owner of Pleasantries), will encourage small groups to get together at coffee shops, parks, museums, and other places where people can get out of the house and enjoy themselves. All of this is about helping people with memory loss stay living at home while not feeling that they can never get out for fear of being embarrassed.

As a member of the Massachusetts chapter of the National Association of Elder Law Attorneys (NAELA), I started and co-chair a committee dedicated to getting elder law attorneys like me actively engaged in this. After all, the reason most of us do elder law is that we have gone through a family experience involving someone with dementia. Our committee is working with the Alzheimer's Association to develop an alternative model for the Ambassadors program, one in which a team of local volunteers, probably including a lawyer but also folks with some professional or personal experience with caregiving, can team up to provide this variety of programs and services. We feel strongly that teams like this can support each other and provide a broader array of training and other services.

All of this is new, and therefore relatively fluid. For that reason, it may be a great time to get involved. If you are interested in learning more you can search "Dementia Ambassador" on the Alzheimer's Association website at <https://www.alz.org/manh/> or call Julie McMurray at 508-799-2386 or by email, jmcmurray@alz.org. You can also contact Emily Kearns at MCOA (call 978-604-0830 or email Emily at emily@mcoaonline.com). If you are interested in being part of an ambassador team for your community, I'd like to hear from you. I would love to see an ambassador team right here in Framingham, and I would be happy to help make that dream a reality. You can contact me at 508-860-1470 or abergeron@mirickoconnell.com. If you have an elder law question, you can view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, www.YouTube.com/ElderLawFrankAndMary and find more in depth commentary on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.



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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	7				4			6
6				9	5			
3		8					5	1
8	1	9					3	5
5								
				5	7		4	8
4					9			7
7				6		9		

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DIFFICULTY: ★★☆☆☆

Answer to Previous Sudoku

7	6	2	5	1	8	4	9	3
4	9	1	3	6	7	2	5	8
5	3	8	4	9	2	1	7	6
6	2	4	1	7	5	3	8	9
9	8	5	6	4	3	7	1	2
1	7	3	8	2	9	6	4	5
2	5	7	9	3	4	8	6	1
8	4	6	2	5	1	9	3	7
3	1	9	7	8	6	5	2	4

CROSSWORD PUZZLE

ACROSS

- 1 Tibetan priest
- 5 More than enough
- 8 Ancient Heb. month
- 12 Son of Samuel
- 13 Television channel
- 14 Before (Lat.)
- 15 Dissertation
- 17 Two-horse chariot
- 18 A (Ger.)
- 19 Braid linen tape
- 21 Male cat
- 22 Card game
- 23 Balto-Slav
- 25 Rain tree
- 28 Iron lung
- 31 Smile
- 32 Hours (abbr.)
- 33 Insect
- 34 Active
- 36 Nutlike drupe
- 37 Diagonal (abbr.)
- 38 River into the North Sea
- 39 Health resort
- 41 Chronicles (abbr.)
- 43 Affirmative
- 46 Senior (Fr.)
- 48 Sloe (2 words)
- 50 Caliph
- 51 Pointed (pref.)
- 52 Aweto
- 53 Cella
- 54 Favorable vote
- 55 Eight (pref.)

DOWN

- 1 Dead
- 2 Shelter (Fr.)
- 3 Air
- 4 Amer. Automobile Assn. (abbr.)
- 5 Arawakan language
- 6 City on the Irish
- 7 Eye of an insect
- 8 All points

ANSWER TO PREVIOUS PUZZLE

P	A	N	T		R	A	G	A		C	T	R
W	E	T	A		A	D	A	R		O	H	O
O	S	H	A		I	E	R	I		N	O	M
				L	P	N			P	U	R	S
T	O	G			I	C	A		S	A	C	
A	G	O			C	O	N	C		P	R	A
A	G	A			R	A	J	A		H	I	L
L	I	P	O		T	O	N	O		P	E	A
				O	V	I			U	N	A	T
O	N	W	A	R	D			A	R	S		
B	U	D			A	R	A	B		A	R	A
E	D	E			D	E	M	I		G	I	B
D	E	R			E	Y	A	S		O	A	S

- bulletin (abbr.)
- 9 Fr. historical provinces
- 10 Foe of Othello
- 11 Ray
- 16 Noun-forming (suf.)
- 20 Always
- 22 Haw. porch
- 24 Clemenceau's nickname
- 25 Signed (abbr.)
- 26 Adjective-forming (suf.)
- 27 Phil. island
- 28 Civil Rights Commission (abbr.)
- 29 "Casablanca" character
- 30 As written in music
- 32 Pike
- 35 Son of (Scot.)
- 36 Look after
- 38 Evil intent, in law
- 39 Cross oneself
- 40 SW US cotton
- 42 "Dream Girl" playwright
- 43 Fish sauce
- 44 Mongol tent
- 45 Blood disease (suf.)
- 47 Ger. spa
- 49 Indo-Chin. language

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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46			47			48			49			
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53						54			55			

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